



MyPyramid Audio Podcasts

Snack Attack

[Intro Music] Welcome to MyPyramid Podcasts, brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host, I'll be sharing tips you can use everyday to eat right and get active.

[Sound Effects: cash register, supermarket, snack bag] Stocking up for a snack attack? Today, I'll talk about some snacks tare the better choices to keep at home or at the office. Love to munch on your favorite snack? Many companies are offering healthier versions of your favorites. So, reach for the whole-grain or baked varieties, such as baked tortilla chips. [SFX: popcorn] Popcorn is not just for the movie theater anymore! It is a whole grain that makes for a healthy snack anywhere you go. Choose packages containing little or no salt and butter.

That's it for today. To find out more information about eating and living healthy, go on our website at MyPyramid.gov for more great tips. See you next time!